



Senior NEWS

301-258-6380

September 2006



The Gaithersburg Upcounty Senior Newsletter

The Senior Center is open Monday - Friday 9 a.m. - 4 p.m.



"Hello Dolly" Party!

Wed, Sept. 27

5:30 - 8:30 p.m.



It's turn-of-the-century New York so wear a big hat and wide smile 'cause Dolly's coming back to the Gaithersburg Upcounty Senior Center. She'll get your heart and soul swinging. Music will be provided by the John Brown Band featuring Dolly Benhof on vocals, Sam Shriever on sax, Seymour

Greene on trombone, Courtney Hughes on piano, Hank Bryant on guitar, Sy Zucker on bass and John Brown on drums.

You know Dolly is a matchmaker, and she'll have fun matching you up with new friends through games and dancing. Drinks and paper goods will be provided, but please match up our refreshments with your finger foods for a fantastic spread. Sign up on the program sheet and bring a friend!

Mark Your Calendar

OCTOBER 9

Chinese Moon Festival

OCTOBER 18

Flu Shot Clinic

OCTOBER 26

**Harvest Moon Ball at
Rockville Senior Center**

DECEMBER 7

"Cinderella" at Olney

JANUARY 3

**"A Light at the Piazza"
Kennedy Center**

Entertainment You Won't Want to Miss!

VALENTINO ROJAS

Tuesday, Sept. 5
12:45 p.m.

This popular nightclub singer will cover Julio Iglesias, Frank Sinatra, Tony Bennett and Elvis songs.

"JUST IN TIME"

**WOMEN'S BARBERSHOP
QUARTET**

Wednesday, Sept. 13
12:45 p.m.

Sweet harmonies sung "accapella" style.

DALE JARRETT

Tuesday, Sept. 19
12:45 p.m.

Be transported down memory lane as Dale sings and tickles the ivories.

The Senior News Now Online!

Beginning with the Sept. issue you will be able to read the Senior News on your computer. Visit the City site: www.gaithersburgmd.gov and looking on the left side, scroll down (under Departments) to Parks, Recreation and Culture. Select, and then scroll down (under Services and Related Information) and click on Gaithersburg Upcounty Senior Center. You'll find it on our web page.

Seniors who would like to forgo receiving a mailed newsletter (in the spirit of environmental kindness and saving postage cost) please tell Yoland Bastian at the front desk, 301-258-6380 to remove you from the mailing list.

DIRECTOR'S UPDATE

Dear Friends,

Participating in the activities at the Gaithersburg Upcounty Senior Center is a great way to build new relationships. We are fortunate that our membership has representation from 72 cultures which provides infinite opportunities to lay the foundation for mutual understanding and respect.

Character Counts! is celebrating its tenth anniversary this year. It was first introduced into our schools by the City of Gaithersburg in February 1996 and continues to be a focus of each child's education. Its premise is that good character is not something that we are born with; it is something that needs to be developed and is learned through the examples of good role models.

We are never too old to improve ourselves intellectually or physically. The same holds true for our character. And today more than ever, it is important to keep an open mind and a gentle heart.

Recently one of our members shared that they had been deeply offended by something that was said in jest by another member. I have no doubt that the comment was not intended to be hurtful, but the words were not well chosen. It has been said that we live in a society that has become too politically correct, but some subjects are very delicate and humorous comments should never be at someone's expense.

A few weeks ago at a memorial service, one of our members reminded those in attendance that every action has a reaction on everyone in the world. His comment made me think about how easy it is to enrich someone's life with a smile, a sincere compliment, or an understanding ear. It is also very easy to lessen someone's self-esteem and sense of self worth through careless words or actions. *That is a tremendous amount of power, and a very important responsibility!*

Please be a role model and demonstrate caring and respect for everyone.

Grace

MISSION STATEMENT

The Gaithersburg Upcounty Senior Center is committed to the provision of a variety of activities that encourage and support senior health, personal interest and social interaction. The foundation of the Center is based on the spirit and principles of the CHARACTER COUNTS! Program.

WELLNESS PROGRAMS

Maggie's Forum

**Sept. 13 & 17
11 a.m.**

Discussion on Anxiety

Free Private Counseling

Maggie Wesley, our social worker, is at the Center Mondays through Thursdays. Call 301-258-6380 or speak to her directly if you would like an appointment.

Blood Pressure Check

Get your blood pressure checked by a nurse from Shady Grove Hospital.

Date: Wednesday, Sept. 27

Time: 10:30 a.m. – noon

Lipid Profile/Cholesterol

Wednesday, Oct. 4

10 – 11:30 a.m.

This venipuncture test includes total cholesterol HDL ratio. Twelve hours of fasting is recommended for the most accurate results. Staff from Adventist Health Care will perform the screening.

***Cost: \$23 (age 55+) Pay that day.**

There is an additional charge of \$4 for glucose screening.

Advance registration is required for screenings. Please call **1-800-542-5096** to register. Walk-ins will be accommodated, if time permits.

The Nurse is In!



**Fridays
9 a.m. - 3 p.m.**

Sign up that day at the front desk for HeartWell patients. Blood Pressure screening from 1 - 2 p.m. only.

You can meet with the nurse.

Spirituality & Meditation
Thursdays, 1 p.m.

SEPTEMBER '06 Activities with Gaithersburg Chapter #5358 of AARP

Tuesday, Sept. 12 4 - 8 p.m. Monthly Chapter Meeting

Tuesday, Sep. 12, 2006 4 - 8 p.m.

Our monthly meeting begins at 4 p.m. with a game of **Senior Trivia Treasures** (\$2), a team game with choice of prizes. At 5:30 p.m. we'll have **Pot Roast dinner** (\$9). There will be a brief business meeting at 6:10 p.m., followed by a presentation by Ken Norris at 6:30 p.m. on **"Meeting Senior Financial Needs"**. Payment for dinner and games is required by 2 p.m. on Monday, September 11. Pay by cash or check at the Senior Center or mail check by Friday, Sept. 8.

COMMUNITY SERVICE PROJECTS:

Thanks to all who donated money or supplies or who helped fill and deliver 80 backpacks for needy students and 20 bags for teachers at Rosemont, Brown Station, Summit Hall and Gaithersburg Elementary Schools.

Grandreaders Wanted: Tutor second grade students using materials supplied by the Ruth Rales Reading Project. Come to a meeting on Sept. 15 to learn more about volunteering.

~~Fall Motor Coach Tours~~

Sept 18-21: Wildwood and Atlantic City: (Four days/three nights- \$335) including hotel, motor coach transportation from Gaithersburg, three breakfasts, two dinners with shows in Wildwood, a buffet in an Atlantic City casino, visits to Smithville Village and Cape May and the boardwalk. We have passed the minimum number for this trip to go. We still have room for additional people. Register with full payment by Sept. 4.

Dec 3-4: New York: Radio City: (Two days/one night-\$299) including transportation on an Eyre Motor Coach, Sunday night at the Edison Hotel on 47th St., and orchestra seats for the Radio City Christmas Spectacular at 11 a.m. on Monday. Meals are on our own. Please register by Oct. 5.

For more information on meeting, trips, or volunteering call Annette (301-977-7936), or e-mail her at annettethompsonphd@yahoo.com **Make checks for dinner or trips payable to Gaithersburg Chapter #5358 of AARP and mail to 17605 Parkridge Drive, Gaithersburg, MD 20878.**

Members of the Senior Center and the local community are invited to attend any or all parts of our monthly Tuesday meetings which are held at the Gaithersburg Senior Center. We can help with rides. You may bring along friends or family members. Phone Annette 301-977-7936.

ACTIVITIES AND CLASSES AT THE CENTER

September Birthdays



9/1 Joanne Johansen
 9/1 Anjali Patankar
 9/2 Jean Pinder
 9/3 Anne Hill-Fessenden
 9/3 Ruth Whiteman
 9/5 Judith White
 9/7 Leonard Ostrinsky
 9/8 James Harris
 9/9 Jill Groce
 9/9 Sheila Harnik
 9/10 David Yucra
 9/11 Jeannie Pizzonia
 9/12 Frances Anderson
 9/12 Ruth Maris
 9/12 Ana Ramos
 9/13 Earl Lapin
 9/14 Wynema Randolph
 9/14 Mary Grant
 9/15 Nita Moreno
 9/16 Jane Carr
 9/16 Christine Sophia Lalekos
 9/16 Martin Swetnick
 9/16 Alice Mansell
 9/17 Marjorie Johnson
 9/17 Binh Pham
 9/19 Roger Hailey
 9/20 Martha Anderson
 9/20 Ermine Rogers
 9/22 Mary Bowen
 9/23 Camille Brewster
 9/24 Claudia Nelson
 9/24 Adrian Roman
 9/25 Louise Anderson
 9/25 Terry Placious
 9/25 Vrajnish Shah
 9/27 Suzanne Crock
 9/27 Marie Mangasarian
 9/28 Nancy Gilles
 9/28 Sonia Parenteau
 9/28 Beverly Scafide
 9/28 Leone Rhee

Celebrate Sept. 28

Yoga Adapted for Seniors

Dates: Tuesdays, Oct. 3 - Nov. 21

(eight sessions)

Time: 11 a.m.

Fee: \$18

Yoga is an ancient technique for promoting health and well-being. Kim Thompson will show you how to stretch your whole body while doing controlled breathing. Yoga poses and sequences in this class can be done sitting on or standing next to chairs. They will increase your range of motion, improve your posture, and help you gain better balance.

Minimum: 10

Maximum: 25



Computer Classes



TUESDAYS & FRIDAYS

10 a.m. – noon

Bruce Longyear will offer personal attention for beginners or experienced individuals with questions. **Sign up at the front desk.**

THURSDAYS

10 a.m. – noon

(one-hour sessions)

Bruce and Susan will help you learn how to search for information on the world wide web. **Sign up at the front desk.**

Gentle reminder: Please observe the lab rules concerning time limits, and food and drink restriction.

Free classes!

Bridge Bidding Refresher

Dates: Tuesday, Sept. 5 – 26

(four sessions)

Time: Noon to 12:45 p.m.

Free

Deadline: Monday, Aug. 14

The sessions, open to all levels of players, will address one commonly used bidding convention in an easy progressive approach. A few golden tips will be given which can make or break any contract. As the bidding progresses you'll learn how to improve the point count of your hand.

Minimum: 10 **Maximum:** 20

“Core and More”

Mondays

2 p.m.

Fridays

3 p.m.

Strength, endurance and flexibility training by Grace Whipple geared toward the active older adult.

Participants must be able to get down to and up from the floor for some exercises.

CLASSES

*** Late joiners are welcome!**
(see program sheet)

Ballroom Dancing

Beginning

Dates: Tuesdays, Oct. 3 – 24

Time: 3 p.m.

Fee: \$20

◆ For the beginner who has no ballroom dance experience.

◆ Dances include: foxtrot, tango, swing, waltz, etc.

◆ No partner is necessary.

Maximum: 14

Intermediate

Dates: Tuesdays, Oct. 3 – 24

Time: 2 p.m.

Fee: \$20

◆ Dances include: foxtrot, tango, swing, waltz, etc.

◆ No partner is necessary.

Maximum: 14

Quilting Fridays

FREE!

1 p.m.

Share experience, materials and ideas.

Intermediate Pottery*

Dates: Wednesdays,

Sept. 27 - Nov. 15

(eight sessions)

Time: 10 a.m.

Fee: \$8

Hand-building is taught by Margo Borg for members who have had experience working with clay.

Minimum: 6

Maximum: 8



Beginning English *

Dates: Tuesdays

FREE!

Time: 11 a.m.

Instructor Lisa Bonvillain will teach from the book "Side by Side" for those with a desire to learn English.

Minimum: 10 **Maximum:** 20

Progressive Line Dancing

All levels welcome!

Beginners to expert!

No experience required!



Dates: Thursdays, Sept. 14 - Nov. 2 (eight sessions)

Time: 11 a.m. – 12:30 p.m.

Fee: \$21

Frank Stanek will begin the class with the building blocks of line dance. The second half hour will include entry level line dances. The third half hour will include intermediate/advanced line dances.

Minimum: 10 **Maximum:** 25

Supportive shoes should be worn in all fitness and dance programs - thank you!

Knitters and Cross-Stitchers!

Meet in the lecture room on Tuesdays at 9 a.m.

LATIN DANCING

Date: Tuesdays

Time: 12:45 p.m.

FREE!

The following classes are sponsored by the J.B. and Maurice C. Shapiro Endowment for Women's Health and Suburban Hospital HeartWell Program.

WEIGHT TRAINING

Dates: Wednesdays, Sept. 6 – Nov. 1 (10 sessions)

Time: 1 p.m.

Fee: \$10

Matt Rundell, a certified personal trainer, will help you become stronger through the use of hand-weights.

Minimum: 10

Maximum: 20

STABILITY BALL

Dates: Thursdays, Sept. 7 – Nov. 2 (10 sessions)

Time: 10:30 - 11:30 a.m.

Fee: \$10

Matt Rundell will show you many ways to use the ball to strengthen your core muscles.

This class will be held at the Activity Center at Bohrer Park. Free bus transportation from the Center leaving at 10 a.m. and returning to the Center by noon.



Gaithersburg
A CHARACTER COUNTS! CITY

301-258-6380

www.gaithersburgmd.gov

Calendar of Events

[illegible]

10

11 Exercise
9am Exercise
10am Exercise
11am Step 2 Music
12:30pm Mah Jongg
12:30pm Internal Light
12:30pm Children's
Inn
12:50pm Bingo
1:30pm Book Club
2pm Embroidery
2pm Core and More

12 AARP
8:30am Longevity Stick
9am Energize
9am Cross Stitch/Knit
9:30am Poker
10am Computer Help
10am Chair Exercise
11am Beg. English
11am Yoga
12 pm Bidding Class
12:30pm Bridge
12:45pm Senior Council
12:45pm Latin Dance
12:45pm Quilt Show
Reception
1pm Mah Jongg
2 pm Int. Ballroom
3 pm Beg. Ballroom

13
9am Exercise
10am Exercise
10am Int. Pottery
11am Step 2 Music
11pm Maggie's Talk
12:30pm Bereavement
12:45pm "Just in Time"
performs
1pm Crochet
1pm Weight Training

14
8:30am Longevity Stick
9am Energize
9:30am Poker
10am Chair Exercise
10am Stability Ball
10am Internet
11am Stroke Support
11am Share Memories
11am Line Dance
12:30pm Bridge
12:30 pm Shopping
1pm Meditate
2pm Music

15 Exercise
9am Walk In the Park
10am Exercise
10 am Computer Help
10:30am Watercolor
12:50pm Bingo
1pm Quilting
3pm Core and More

*Mini Golf and
Picnic*

Nurse is In
9 a.m. - 3:00 p.m.

16

17 Celebrate Gaithersburg Day
Noon - 5 p.m.

18
9am Exercise
10am Exercise
10am Trigger Point
Therapy
11am Step 2 Music
12:30pm Mah Jongg
12:50pm Bingo
2pm Embroidery
2pm Core and More

19 Dale Jarrett
12:45 pm
8:30am Longevity Stick
9am Energize
9am Cross Stitch/Knit
9:30am Poker
10am Computer Help
10am Chair Exercise
11am Beg. English
11am Yoga
12 pm Bidding Class
12:30pm Bridge
12:45pm Latin Dance
1pm Mah Jongg
2 pm Int. Ballroom
3 pm Beg. Ballroom

20
9am Exercise
10am Exercise
10am Int. Pottery
11am Group Sing
11am Step 2 Music
12:30pm Bereavement
1pm Weight Training
1pm Crochet

Trip to DC Museums

21
8:30am Longevity Stick
9am Energize
9:30am Poker
10am Chair Exercise
10am Stability Ball
10am Internet
11am Stroke Support
11am Share Memories
11am Line Dance
12:30pm Bridge
12:30 pm Shopping
1pm Meditate
2pm Music

22
9am Exercise
10am Walk In the Park
10am Exercise
10 am Computer Help
10:30am Watercolor
12:50pm Bingo
1pm Quilting
3pm Core and More

Nurse is In
9 a.m. - 3:00 p.m.

23

24

25
9am Exercise
10am Exercise
11am Step 2 Music
12:30pm Mah Jongg
12:30pm Internal Light
12:50pm Bingo
2pm Embroidery
2pm Core and More

26
8:30am Longevity Stick
9am Energize
9am Cross Stitch/Knit
9:30am Poker
10am Computer Help
10am Chair Exercise
11am Yoga
11am Beg. English
12 pm Bidding Class
12:30pm Bridge
12:45pm Latin Dance
1pm Mah Jongg
2 & 3pm Ballroom

Lunch Bunch
Silver Diner

27
9am Exercise
10am Exercise
10am Int. Pottery
10:30am Blood Pressure
11 am Maggie's Talk
11am Step 2 Music
12:30pm Bereavement
1pm Crochet
1pm Weight Training

"Hello Dolly"
Party

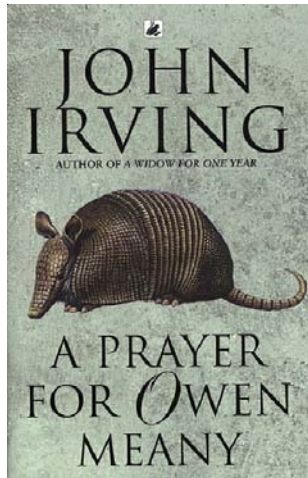
28 Birthday
Celebration
8:30am Longevity
Stick
9am Energize
9:30am Poker
10am Chair Exercise
10am Stability Ball
10am Internet
11am Stroke Support
11am Line Dance
11am Share Memories
12:30pm Bridge
12:30 pm Shopping
1pm Meditate
2pm Music

29
9am Exercise
10am Walk In the Park
10am Exercise
10 am Computer Help
10:30am Watercolor
12:50pm Bingo
1pm Quilting
3pm Core and More

Nurse is In
9 a.m. - 3:00 p.m.

30 "A Prayer for
Owen Meany"
Roundhouse Theatre

ACTIVITIES AND TRIPS



"A Prayer for Owen Meany"

**Round House Theatre, Bethesda
Brunch at Louisiana Express
Company**

Date: Saturday, Sept. 30

Depart: 12:30 p.m.

Return: 7 p.m.

Fee: \$41 (includes ticket and transportation)

Deadline: Friday, Sept 15 (if minimum not met, trip will be cancelled)

We'll begin at 1 p.m. with a Cajun brunch (menu posted in the lobby). Order from the menu and **pay in cash**. The play (at 3 p.m.) is a moving, amusing story about faith, predestination, and the power of friendship. The story centers on John Wheelwright and his relationship with Owen Meany, a young man of diminutive stature with a high-pitched voice who claims to be a messenger of God. At age eleven, Meany bats a little league foul ball that hits Wheelwright's mother in the head, killing her. Thus begins a spiritual journey for Wheelwright's faith, as we realize that Meany just may be God's instrument.

Minimum: 15 Maximum: 20

Trip to DC Museums

You Choose Which Ones!

Date: Wednesday, Sept. 20

Depart: 10 a.m.

Return: 4 p.m.

Fee: \$7 (transportation only)

Deadlines: Monday, Sept. 11 – Non-members can register Sept. 12 & Sept. 13 – *Trip cancelled if minimum not met.*

We will have two drop-off spots. One will be at the newly opened National Portrait Gallery and National Museum of American Art at 8th and F Sts. The second stop will be at the National Museum of Natural History on the mall. This trip is self-directed. Be back at the same stop where you got off by 3 p.m. Expect to do **lots of walking**.

Minimum: 20 Maximum: 33

Group Sing



The singers will practice at 11 a.m. the first and third Wednesday of the month.

Crafts for Children's Inn at NIH

NEW DAY

**Monday, Sept. 11
12:30 p.m.**

Join us for an hour of crafts designed to bring a smile to a child undergoing medical treatment while staying at the Children's Inn at NIH. You don't have to be artistic, just willing to follow Madeline Britnell's instructions. Supplies are provided.

Quilt and Fiber Arts Exhibition

Sept. 11 - 15

Hang show: Monday, Sept. 11

Reception: Tuesday, Sept. 12, 12:45 p.m.

Our Friday quilting class will display some examples of their work. Take the time to admire the finery and meet the artists.

Miniature Golf and Picnic

Date: Friday, Sept 15

Depart: 10:45 a.m.

Return: 1:30 p.m.

Fee: \$8 (includes golf and lunch)

Deadline: Wednesday, Sept. 13 (allows us time to shop for lunch) Free transportation will be provided from the Senior Center.

Play a round of putt putt golf and have a picnic lunch (three foot sub) with fellow players in the shade of the pavilion. Drinks provided.

Lots of walking.

Minimum: 15 Maximum: 33

Thursday is Grocery Shopping Day

Shoppers Food Warehouse and CVS

Dates: Thursdays, Sept. 7, 14, 21, and 28

Depart: 12:30 p.m.

Return: 1:45 p.m.

Fee: \$3

Deadline: Wednesday, one day before.

We are offering this service for your convenience. You must be able to carry (or roll in your own cart) what you buy.

Minimum: 10 Maximum: 33

Lunch Bunch

Lunch Bunch to Silver Diner
Lake Forest Mall, Gaithersburg
Date: Tuesday, Sept. 26
Depart: 10:15 a.m.
Return: 1:30 p.m.
Fee: \$4
Deadline: Monday, Sept. 25
You'll be allowed to shop a little before lunch. Meet at the Silver Diner at noon for traditional American food.
Minimum: 15 **Maximum:** 33

CLASSES

Learn to Read and Sing Choral Music

Dates: Thursdays, Sept. 7 – 28
(four sessions)

Time: 2 p.m.

Free

Betty Sewell will help you understand the written language of music and give you opportunity to practice singing.

Minimum: 10

Watercolor on a New Day!

Dates: Mondays, Oct. 2 – Nov. 6 (six sessions)
Meet in the ceramics studio on Oct. 16

Time: 10:30 a.m.

Fee: \$18

Tom LaFleur will help you explore autumn subjects vividly.

Minimum: 8 **Maximum:** 12

Opera Appreciation

Tuesdays and Fridays

Dates: October 3, 6, 10, 13, 17 & 20 (six sessions)

Time: 12:45 p.m.

Fee: \$12

Opera aficionado Bruce Herzfeld will open your hearts and minds to this spectacular form of musical theatre.

Minimum: 8 **Maximum:** 12

LECTURES

FOOD SAFETY MADE FUN

By Liz Manzolillo

Wednesday, Sept. 6

12:45 p.m.

We all like and need to eat. Learn ways to keep it healthy starting with avoiding cross-contamination, cooking to a safe temperature, and proper refrigeration. Join in the preparation and tasting. Register on the program sheet.

MUTUAL FUND SEMINAR

Friday, Sept. 8

11 a.m.

Free! Please register on the program sheet. Scott Leishear will cover mutual fund basics, advantages and disadvantages of mutual funds, diversification through mutual funds, and how to select and build an investment portfolio with mutual funds.

Minimum: 6

Maximum: 12

TRIGGER POINT THERAPY

By Dr. Greg Swistak

Monday, Sept. 18

11 a.m.

Please register for this free lecture and learn how pain and stress are reduced through treating trigger points. There will be hands-on demonstrations with participants.

Minimum: 10

Maximum: 20

Sharing Memories/Sharing Flavors

Thursday, Sept 7

11 a.m. continuing through lunch.

Many topics have been covered since we began examining our various cultures, and now we will have a feast of many flavors. Festivities will begin in the lecture room. Please bring a dish to share and we will have a delectable lunch together.

Come to this open group led by social worker Maggie Wesley, every Thursday and you'll make new friends. Upcoming topics explore "Holistic Approaches to Life" including exercise, nutrition, coping and spirituality.

SUPPORT SERVICES

Bereavement Group

This group meets at the Center every Wednesday afternoon from **12:30 - 2 p.m.** The self-help group, facilitated by volunteers of Hospice Caring, Inc., offers mutual support in coping with grief following the death of a spouse.

Senior Information and Assistance

Carol Smith is at the Center several Thursdays a month. She can help with information on senior housing, financial assistance, Medicare & Medicaid and provide help in filling out forms!

Sponsored by Dept. of Health and Human Services. Call 301-258-6380 for an appointment.

"Book Club" for Individuals with Aphasia

Monday, Sept. 11

1:30 p.m.

Fee: \$30

Call 240-475-8786 for information.

Internal Light

Mon., Sept. 11 and 25
12:30 p.m.

This program is for senior adults with visual impairments. Evelyn Saile will talk about the different eye conditions that affect the elderly, the latest research to help their conditions and offer suggestions and moral support for living with declining vision.

For information call 301-881-0100 x 6748.

Stroke Folks

Date: Thursdays

Time: 11 a.m.

Members of the Stroke Folks have all survived strokes. They meet each Thursday to play games, discuss the hot topics of the day and have lunch.

Caregiver's

Do you have a parent, spouse, friend or adult-child for whom you are the primary caregiver? Maggie Wesley MSW, LCSW will meet with you to offer the support you need.

Call 301-258-6380.

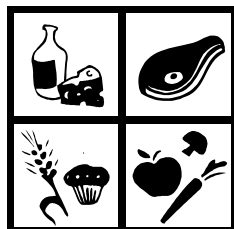


Pharmacy Assistance

The State of Maryland provides pharmacy assistance to senior citizens who aren't on medicare, based on yearly income and household size.

For forms and information call **1-800-226-2142** or visit their website at: www.dhmd.state.md.us/mma/mpap/

Senior Nutrition Program



Lunch is served at the Center at noon, Monday - Friday. Lunches are provided through the auspices of the Montgomery County Department of Health and Human Services Senior Nutrition Program. Lunch reservations can be made in person or by calling the Center at 301-258-6380 no later than 2 p.m. the day before the reservation is needed.

The full cost of the meal is **\$4.50**. For persons age 60 and older who complete a registration form to document age, the meal is available for a voluntary contribution. Contributions are used to purchase more meals, so please contribute to the fullest extent possible.

Guests younger than 60 must pay the full cost of the meal!

Legal Services

Legal Services are available free to seniors, age 60 and older.

Legal Aid Bureau services include:

Medicare, Medicaid and Social Security; evictions, public housing; services for homebound and individual's rights and other legal issues. Call 301-927-6800 on Tuesdays and Thursdays between 9 a.m. and noon only.

For assistance with wills, call 301-279-9100 and ask for the Low-Income 60-Plus Will Program.

Noticias de Mucho Interes para los Seniors de Habla Hispana

“Valoramos su felicidad. Por favor díganos como podemos animarle, honrarle sus tradiciones y aumente su salud y bienestar social.”

PROGRAMAS GRATIS/Conocimientos de Inglés no es necesario

<u>Evento</u>	<u>Día</u>	<u>Hora</u>
Celebración de cumpleaños	28 de septiembre	12:45 p.m.
Tomarse la Presión	27 de septiembre	10:30 a.m.
Ingles para principiantes	martes	11:00 a.m.
Crochet	miercoles	1:00 p.m.
Quilting	viernes	1:00 p.m.
Ejercicios con palos	martes y jueves	8:30 a.m.
Ejercicios	martes y jueves	9 y 10:00 a.m.
Ejercicios en silla	lunes, miercoles y viernes	9 y 10:00 a.m.
Música a paso	lunes y miercoles	11:00 a.m.

ARTESANIA PARA LOS NIÑOS DE NIH

Día: lunes, 11 de septiembre

Hora: 12:30 p.m.

Venga, ayúdenos y disfrute haciendo artesanía para los niños de NIH. Estos regalitos que ustedes harán, le ayudarán a los niños que están resibiendo un tratamiento a poder sonreír y sentirse alegres. Para hacer estos proyectos usted no tiene que ser artista, solamente tener el deseo de seguir las instrucciones de la señora Madeline Britnell. Se proveerá todo el material requerido para dichos proyectos.

COMPARTIENDO MEMORIAS Y SABORES

Día: jueves 7 de septiembre

Hora: 11 a.m.

Desde que empezamos a examinar nuestras culturas, hemos cubierto muchos tópicos, y ahora tendremos una fiesta de diferentes sabores. Por favor traiga una comida para compartir ese día con el grupo y así poder almorzar juntos. Los próximos tópicos serán: como afrontar la vida global incluyendo ejercicios, nutrición y por supuesto la vida espiritual.

VALENTINO ROJAS

Día: martes 5 de septiembre

Hora: 12:45 p.m.

Este cantante popular de los clubs nocturnos nos deleitará con canciones de Julio Iglesias, Frank Sinatra, Elvis Presley y Tony Bennett.

www.gaithersburgmd.gov

INFORMACION SOBRE TODA CLASE DE ASISTENCIA PARA PERSONAS DE MAYOR EDAD

Carol Smith se encuentra en el Centro todos los jueves para ayudarles a llenar sus formatos y proveerles información acerca de asistencia financiera, viviendas, Medicare y Medicaid. Este programa es auspiciado por el Departamento de Salud y Servicios Humanos. Si desea más información ó desea una cita previa, lláme al 301-258-6380.

ALMUERZO EN GRUPO/ RESTAURANTE SILVER DINER

Centro Comercial de Lake Forest, Gaithersburg

Día: martes 26 de septiembre

Salida: 10:15 a.m.

Retorno: 1:30 p.m.

Costo: \$4

Fecha de vencimiento: lunes 25 de septiembre

Usted podrá caminar por las tiendas antes de almorzar. A las 12n. reúnanse con el grupo en el Restaurante Silver Diner para disfrutar de un tradicional almuerzo americano.

Mínimo: 15 **Máximo:** 33

DALE JARRETT

Día: martes 19 de septiembre

Hora: 12:45 p.m.

Venga y disfrute de buena música memorable que le traerá lindos recuerdos del pasado.

Mínimo: 20

Máximo: 33

CLASE DE INGLES PARA PRINCIPIANTES

Día: martes

Gratis! Hora: 11 a.m.

Lisa Vonvillian les enseñará del libro “Lado por Lado” a las personas que estén interesadas en aprender Ingles.

VIAJE A LOS MUSEOS DE WASHINGTON

En éste viaje usted puede escoger y visitar los museos de su agrado.

Día: miércoles 20 de septiembre

Salida: 10 a.m.

Retorno: 4 p.m.

Costo: \$7 (solamente la transportación)

Fecha de vencimiento: lunes 11 de septiembre

Este viaje se cancelará el día miércoles 13 de septiembre si no hay suficientes miembros interesados en ir.

Tendremos dos paradas. Una en el museo Nacional de Galería y Arte Americana que está localizada en la calle 8 - F. La segunda parada será: en el museo Nacional de Historia. Usted es responsable por sí mismo. Le pedimos que por favor estén preparados a las 3 p.m. en la misma parada donde se bajaron por la mañana para ser recogidos por el bus y así poder retornar al Centro. Póngase zapatos cómodos porque se caminará bastante.

JUEVES ES DIA DE COMPRAS

Supermercado Shoppers y tienda de CVS

Día: jueves 7,14,21, y 28 de septiembre

Salida: 12:30 p.m.

Retorno: 1:45 p.m.

Costo: \$3

Fecha de vencimiento: miércoles, un día antes del viaje.

Les estamos ofreciendo este servicio para sus conveniencia y poder hacer sus compras de artículos de comida, pero le pedimos que usted sea responsable de cargar sus propias compras.

Mínimo: 10 **Máximo:** 33

Gaithersburg Upcounty Senior Center
80A Bureau Drive
Gaithersburg, MD 20878-1431



**Gaithersburg Upcounty
Senior Center Staff**

Director
Grace Whipple

Program Supervisor
Denise Mornini

Recreation Assistant
Olympia Huff

Administrative Secretary
Yoland Bastian

Receptionist
Gloria Sichelman

Custodian
Andres Castillo

Newsletter Layout/Design
Karen Simms

Bus Driver
Sherri Schwartz

**Gaithersburg
City Officials**

Mayor
Sidney A. Katz

Council Vice President
John B. Schlichting

Council Member
Stanley J. Alster

Council Member
Geri Edens

Council Member
Henry F. Marraffa, Jr.

Council Member
Michael A. Sesma

City Manager
David B. Humpton

Classes and Programs for SEPTEMBER 2006

(For Office Use Only)

Processed _____

If you plan to attend any activity, function or class, you must preregister by returning this form to the **Gaithersburg Upcounty Senior Center, 80A Bureau Dr., Gaithersburg, MD 20878**, either in person or by mail. If there is a fee, your payment must accompany this form. Make check payable to the City of Gaithersburg, unless otherwise noted. ***Place a check mark in the box by the activities you want to attend.***

Name _____ Telephone _____

Street _____ City/St./Zip _____

Registration begins Sept. 5, 2006 at 11 a.m.

ACTIVITY #	EVENT	DATES	FEE
20646	Intermediate Pottery	Sept. 27 – Nov. 15	\$8
20651	Book Club	Sept. 11	\$30
20648	Water Color <i>on Mondays</i>	Oct. 2 – Nov. 6	\$18
20393	Bridge Bidding Refresher	Sept. 5 – Sept. 26	N/A
20649	Genealogy	Oct. 16	\$8
20767	Opera Appreciation – <i>Tuesdays & Fridays</i>	Oct. 3 – Oct. 20	\$12
20765	Beginning Ballroom Dance	Oct.3 – Oct. 24	\$20
20766	Intermediate Ballroom Dance	Oct.3 – Oct. 24	\$20
20647	Progressive Line Dancing	Sept. 14 – Nov. 2	\$21
20650	Yoga Adapted for Seniors	Oct.3 – Nov.21	\$21
20423	Weight Training	Sept. 6 – Nov. 8	\$10
20424	Stability Ball	Sept. 7 – Nov. 9	\$10
	Learn to Read and Sing Choral Music	Sept. 7 - 28	N/A
20752	Food Safety Made Fun	Sept. 6	N/A
20753	Mutual Fund Seminar	Sept. 8	N/A
20754	Trigger Point Therapy	Sept. 18	N/A
20744	Thursday is Grocery Day		
<input type="checkbox"/> Sept. 7	<input type="checkbox"/> Sept. 14 <input type="checkbox"/> Sept. 21 <input type="checkbox"/> Sept. 28		\$3 per trip
20745	Miniature Golf and Picnic	Sept. 15	\$8
20742	Trip to DC Museums	Sept. 20	\$7
20743	Lunch Bunch to Silver Diner	Sept. 26	\$4
20096	"Hello Dolly! Party"	Sept. 27	N/A
20741	"A Prayer for Owen Meany"	Sept. 30	\$41

**** If you would like to join a class that has already started ask at the front desk for a pro-rated fee.***

The City of Gaithersburg is committed to making reasonable accommodations as required by the Americans with Disabilities Act. Requests must be made prior to the start of the program. Please indicate what accommodations are needed: _____

Registrations will not be processed until the 5th of the month!

Amount Paid \$ _____ Cash ☐ Check# _____
 Visa/MC# _____ Exp. Date ____/____
 Signature/Name on card _____



Gaithersburg Upcounty Senior Center Activity Release for MEMBERS

I, the undersigned, hereby agree not to hold the Trip Managers, and/or individual members of the Gaithersburg Upcounty Senior Center, or the City of Gaithersburg, its employees, agents or servants, liable in any way for any loss, injury or damage of any kind to person or property. This statement applies to all scheduled activities at the Senior Center, off-site or in City Vehicles.

When participating in an activity, at the Senior Center or off-site, I agree:

- 1.) To obey the rules and regulations for each activity, follow all directives and adhere to the agenda as outlined by the staff.
- 2.) That if I do not clearly understand how an activity is performed or details of a trip, I will ask a staff member prior to the beginning of the program to clarify my questions.
- 3.) To inform staff prior to the activity or trip, if I have any problems meeting the physical requirements necessary for participation in the activity.
- 4.) I agree to listen carefully to the details and timing of the trip and be fully prepared to meet and board the bus at the proper designated place and time. I understand that, in the City's sole discretion, I may be responsible for paying any and all reasonable charges the City may incur as a result of my failure to meet and board the bus at the proper designated place and time.

Furthermore, I understand that as a participant of the program I will be expected to depart the Gaithersburg Upcounty Senior Center and return to the said location with the group. Any deviation to the activity itinerary will **preclude** me from participating in future trips, activities or other off-site adventures.

Signature

Date

☐

Check if you need special accommodations.

Do we have your updated Emergency Contact Information?

Name : _____ **Phone:** _____